



Mission: Provide culturally relevant and practical nutrition education to Yakama community members through cooking demonstrations and classes, newsletters, community events and other media routes as appropriate.

Healthy Eating's Newsletter



September 2011



Some parents pack their children's breakfast or lunch, while others depend on school meals. This year for those that rely on school meals there is good news, the Nutrition Department has worked with the Tribal School over the summer on improving the school menu. Some of the changes that were stressed were lowering sodium intake, while increasing the intake of protein, vitamins, fiber and iron. The changes that were made have met all of the recommendations set by the USDA for a child's nutritional intake and in some cases exceeding it. Our youth are the future and giving them healthier meals at our schools is one step in the right direction.

For those parents that pack their children's meals, there are plenty of ways to ensure your children get plenty of the nutrients they need to support a healthy lifestyle. On the next page we have some lunch box tips. We also invite those parents to submit their own tips, so those tips can be later listed in our upcoming newsletters. We're a community and it takes everyone's help to ensure our kids future is a healthy one.

Back to SCHOOL



Try making these:



Granola bars to go

Ingredients:

- 3 ½ cups quick cooking oats
- 1 cup chopped almonds
- 1 egg, lightly beaten
- 2/3 cups butter, melted
- ½ cup honey
- 1 tsp vanilla extract
- ½ cup sunflower kernels
- ½ cup flaked coconut
- ½ cup chopped dried apples
- ½ cup dried cranberries
- ½ cup packed brown sugar
- ½ tsp ground cinnamon

Directions:

1. Combine oats and almonds in a sheet pan that's coated with cooking spray. Bake at 350 degrees for 15 minutes or until toasted, stirring occasionally.
2. In a large bowl, combine the egg, butter, honey and vanilla. Stir in the sunflower kernels, coconut, apples, cranberries, brown sugar and cinnamon. Stir in oat mixture.
3. Press into a 13"x 9" baking pan coated with cooking spray and bake at 350 degrees for 13-18 minutes or until set and edges are lightly browned. Cool on a wire rack. Cut into bars. Store the bars in an airtight container.

Nutritional Information:

Recipe makes 27 bars
1 Bar equals

Calories 156 Total Fat 7g Sat Fat 1g Cholesterol 0mg
Sodium 42g Carbohydrate 22g Fiber 2g Protein 3g

Source of recipe : Easy back to school meals – Taste of Home

Lunch Box Tips:

Try sending your child with flavored water with zero Calories, they are a healthier choice compared to sugar drinks such as soda.

Low fat yogurt is a healthy snack, while freezing it over night helps it stay cold in the lunch box through out the day as well. it can also be used as a fruit dip instead of salad dressing.

Use 100% whole grains for your children's sandwiches or wraps for your lunch box, whole grains are heart healthy foods.

Make some trail mix made with equal parts of raisins, sunflower seeds, nuts, dried fruit and a few M&Ms. This has just enough sugar for quick snack with plenty of healthy fats and proteins as well. also this would be lower in sodium than store bought versions.

Skip processed meats - sliced lunch meats, chicken nuggets, hot dogs, sausage and the like - even though they're easy to stick in a lunchbox, they are high in sodium and unhealthy fats. Instead try chicken drumsticks, tuna, peanut butter or boiled eggs for the protein power. Remember to keep these foods cold.

Something to think about:

What do you or your family grab to eat on the go?

- A deli sandwich
- A piece of fresh fruit
- Some candy or cookies
- Look for a drive-through

Remember the key to a healthy diet is ourselves.

If you have any questions in regards to these newsletters or would like nutrition related information please email nickolaus@yakama.com or call 509-865-2102 x686 for further information.

